



HOW TO WASH YOUR HANDS PROPERLY

- Use soap and warm, running water.
- Rub your hands vigorously for 20 seconds.
- Wash all surfaces, including:
 - backs of hands*
 - wrists*
 - between fingers*
 - tips of fingers*
 - under fingernails*
- Rinse your hands well.
- Dry your hands with a paper towel, if possible.



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